

# 哀傷、失缺與善別

# Grief, Loss and Bereavement

善寧會轄下之譚雅士杜佩珍安家舍在 2004 至 2005 年度共處理了 329 個新個案，提供了 665 次個別輔導服務。在本年所處理的個案當中，大部份的服務對象是面對親人突然離世的喪親者。新個案中，接近百分之三十三主動接觸本中心尋求善別輔導，百分之三十四的個案是由其他社會服務機構轉介。同時，在新個案當中以失去配偶者居多，約佔總數的百分之五十一，失去父母的喪親者佔百分之二十四，失去子女的喪親者則佔百分之十五。

In the financial year of 2004-2005, the Jessie and Thomas Tam Centre handled 329 new cases and provided 665 individual counseling sessions. Most of the cases related to people who suffered from the sudden death of a loved one. Nearly 33% of new clients who approached the centre, seeking counseling service, did so under their own initiative. While 34% of the clients were referred to the centre by other social welfare agencies. Among the new cases, the bereaved spouse, at 51%, were the most common clientele. This was followed by bereaved children (24%) and bereaved parents (15%).

表一 與服務對象的臨床接觸

Table 1 Clinical Encounters with Clients

	2003-2004	2004-2005
New cases 新個案	281	329
Office interviews 於本中心面談	660	665
Home visits 家訪	25	34
Phone contacts 電話接觸	1173	1043
Hotline / General Enquiries 電話熱線 / 一般查詢	417	346

Table 2 Case Background

圖二 個案背景

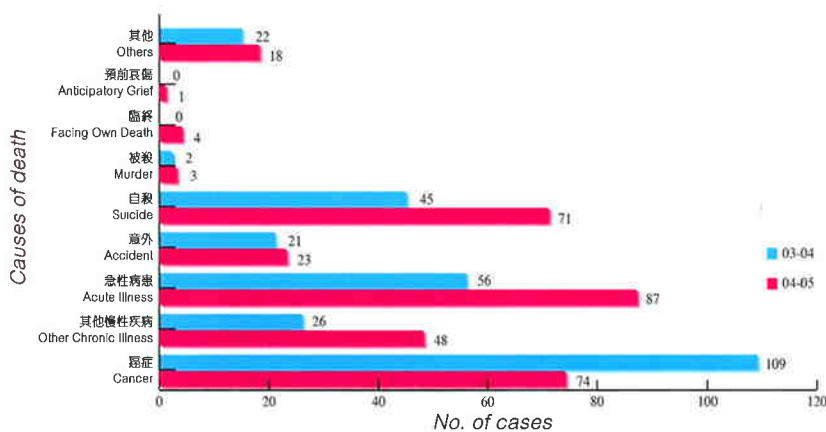
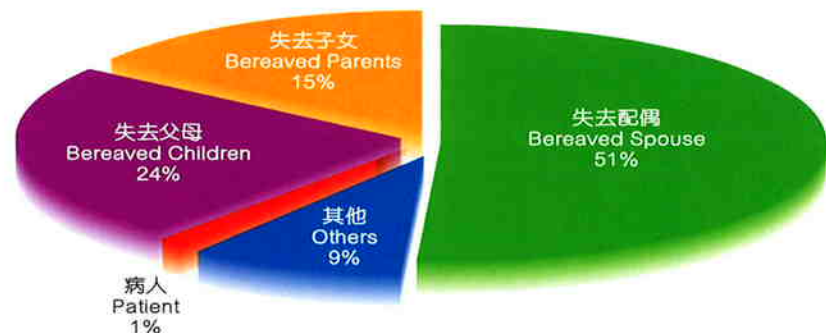


Table 3 Clients' relationship with the deceased (among the new cases in 2004-2005)

圖三 服務對象與死者的關係 (二零零四至二零零五的新個案)



為了配合個別的輔導服務，安家舍亦為不同的服務對象，包括痛失配偶的女士、失去父母的兒童或成年人和痛失子女的父母舉辦善別輔導小組。於本年度安家舍共舉行了 48 次小組聚會，服務了 397 人次。

In addition to individual counseling services, the Centre organized separate bereavement groups to serve the different client groups which included widows, widowers, parents and children. Table 4 shows the breakdown of the various kinds of bereavement groups. In summary, 48 group sessions were held for 397 attendances during the year.

小組名稱 Bereavement Group	小組名稱 No. of Groups	小組名稱 No. of Sessions	小組名稱 No. of Attendance Served
Bereavement group for widows "走過哀傷路"	2	14	153
Bereavement group for parents "舐犢情未了"	1	16	113
Bereavement group for children "童闈善別路"	2	12	80
Bereavement group for adult children "親恩伴我行"	1	6	51
Total 合共	6	48	397

表四 輔導小組

Table 4 Breakdown of bereavement groups

除了個別和小組輔導外，安家舍於本年亦為喪親家屬舉辦了一系列的活動。「我做得好」宿營是為喪親兒童及其健在家長而設的週末宿營活動；「真情之旅--節日的思親會」則讓喪親的家屬在節日時，一方面抒發對已故親人的思念，另方面亦讓他們重新享受節日的氣氛。

### 心愉組活動

心愉組是由一班曾接受安家舍服務的家屬所組織成的自助及互助小組，目前由 10 位義務幹事為其 150 位會員組織活動，於本年度心愉組共舉辦了 5 次活動。

### 「同行善別路」義工服務

安家舍在 2003 年 12 月起推行「同行善別路」義工服務，18 位合資格的義工在完成為期 7 星期的培訓後，投入為喪親家庭提供專業輔導以外的支援服務。在本年度，他們共服務了 636 小時，當中的服務包括為兒童功課輔導、護送服務、幼童照顧、殮葬及情緒支援，亦協助中心職員舉行思親會等。



### 出版刊物

在二零零四年，本中心出版了「孩子心、善別路」家長手冊，旨在協助家長幫助孩子面對摯親的離世，此小冊子誠蒙華人永遠墳場管理委員會慷慨贊助出版。

### 合作計劃

因應不同團體的邀請，安家舍為喪親人士舉行善別輔導小組及為前線同工舉辦善別輔導訓練工作坊。本年曾與安家舍合作的機構詳列於表五。

表五 合作計劃

Table 5 Details of Collaboration Project

Project 項目名稱	Collaborating Parties 合辦機構	Date 日期	Clients Served 服務人次
Bereavement Group for the Elderly “餘暉路同行”	Hong Kong Christian Service, Wan Hon District, Elderly Community Centre. 香港基督教服務處 - 雲漢長者地區中心	09/06/2004- 21/07/2004	45
Bereavement Training Workshop “善別輔導訓練工作坊”	The Salvation Army Hong Kong & Macau Command. Tai Po Intergrated Service for Senior Citizens. 救世軍大埔長者綜合服務中心	14/09/2004	25
Bereavement Group for Widows “走過哀傷路”	Hong Kong Police Force Personnel Services Branch. Police Welfare Office. 香港警務處人事服務科警察福利辦事處	06/10/2004- 10/11/2004	77

During the year, the Centre arranged other programs to help the bereaved, including “Kids Can Cope”, a weekend residential camp for bereaved children and their surviving parents, and two remembrance services to help bereaved individuals to memorialize their loved ones during the festive holidays.

### Alumni

The Alumni is a self-help and mutual support group for people who have received bereavement counseling from the Centre. During the year, the Alumni's ten-member committee organized 5 events for the group's 150 members.



### Befriending Volunteers

After finishing a seven-session training course, 18 volunteers began providing services in December, 2003. They went on to complete 636 service hours during the year. Scope of their services include providing tutorials to children, supervising young children, offering burial and peer emotional support, as well as helping in the remembrance services. In addition, the volunteers regularly attended supervisory sessions where they shared and learnt from each other's experiences.

### Publication

A booklet, “Little Grieving Heart”, which was written for the parents to support their children when facing the death of their loved one, was published in 2004. The production of this booklet was kindly sponsored by the Board of Management of the Chinese Permanent Cemeteries.

### Collaboration Projects

In response to requests from different parties, the center organized bereavement groups for bereaved individuals as well as training for front-line social workers. Table 5 shows the collaboration projects run during the year.

## 生死教育

## Life and Death Education

於年內共有 32 間社會機構邀請本會協辦或派員演講。連同本會預定的社區推廣計劃，出席的公眾人士超過 4,000 名。以下是本會舉辦的重點項目：

Thirty-two community organizations requested SPHC collaboration on various projects and/or to give lectures/talks to their members. Together with our own public education programs, we reached close to 4,000 members of the general public in the reporting year. Some of the SPHC initiated activities are highlighted below.

## 1. 地區長者推廣計劃

這個計劃是與區內的地區長者中心一起合辦，合共三個單元，包括為長者而設的「慶賀人生每一天」文娛表演、為護老服務人員舉辦的生死教育工作坊和善別輔導活動。本會已在 2004 年 5 月完成沙田區計劃、接續在 8 月完成將軍澳區計劃、在 11 月已完成九龍城區計劃、以及 2005 年 1 月完成深水埗區計劃。



## 1. Outreaching the Elderly by Districts

This scheme is a collaborative effort of the Society with the local District Elderly Community Centers (DECC) within the 18 districts of Hong Kong. Each program consists of three components: Celebrate Life Infotainment Show for the elderly, Life and Death Education (LDE) Workshop for elderly care workers, and Bereavement Counseling group for the elderly. Additionally it can also include a training workshop for the workers. During the year, programs were carried out at the Sha Tin District in May, the Tseung Kwan O District in August, the Kowloon City District in November 2004 and the Shamshuipo District in January 2005.

「慶賀人生每一天」文娛表演深受長者歡迎，每次亦有超過 300 名長者參加。在培訓護老服務同工的工作坊，學員需要根據服務對象的需要而設計一項生死教育計劃，透過體驗式活動增加學員對死亡問題的關注；同時亦向他們簡介如何在教育計劃中使用本會的生死教育視像教材。根據不同地區的需要，本會的善別輔導員會為護老服務同工提供培訓或為長者開設善別輔導小組。

The Celebrate Life program was well-received by the elderly, over 300 attendees for each performance. While at the LDE Workshop, a “train-the-trainers” approach was adopted where participants were asked to plan for an LDE program within their own settings. Some experiential activities were used to raise the participants’ self awareness on death issues. Participants were also introduced to the SPHC teaching tool, which is useful in planning LDE activities for their own settings. Depending on the needs of respective district, our bereavement counselors conducted either therapeutic groups for the elderly or a training workshop for the workers.

## 2. 迎向病人及家人小組計劃

這項計劃是由本會與香港復康會社區復康網絡合辦一系列三次的生命戀曲系列講座，先後在 11 月 27 日、12 月 4 日和 11 日成功舉行。講座的主題分別是「長期病患者面對痛楚及缺失的處理」、「為生命作準備—如何行使預前指示」和「身前身後—照顧彌留病人技巧及殮葬服務需知」。這計劃的主題是「為生命賦意義」，而重點是「預備和預前計劃」。

150 名參加者亦積極給予正面的意見。社區復康網絡的同工亦表示舉辦這系列被視為忌諱題目的講座是一大挑戰，但慶幸他們的會員亦有正面的回響。



## 2. Outreaching the Patient Groups

This is a program jointly organized with the Hong Kong Society for Rehabilitation. A series of three workshops was held on 27 November, and on 4 and 11 December 2004 titled “Facing Suffering and Loss”, “Advance Care Planning” and “Moments Before and After Death” respectively. The overall theme was “Adding Life to Days” with the focus being on “anticipation and advance planning”.

All together over 150 participants attended the workshops. Presenters, organizers and workers at the workshops considered it a big challenge to bring up the taboo subject of death. They were pleased with the positive feedback from the participants.

### 3. 晚晴論壇

舉辦晚晴論壇的目的，是要增加大眾對臨終照顧、死亡、瀕死和喪親的認知。邀請不同界別的專家，透過工作經驗和見解分享，共同探討如何達致最理想的臨終照顧，藉此增加公眾人士對這課題有更全面的認識。

以「對死亡的態度」為主題的本年度首個晚晴論壇，於2004年5月15日假香港中央圖書館演講廳舉行。在觀眾席前，兩位來自不同專業界別的嘉賓講者——謝建泉醫生和釋衍空法師，各從不同的角度討論議題。蕭孫郁標女士擔當主持人。觀眾在問答環節亦踴躍回應。

於2004年9月4日，本會再次在香港中央圖書館舉辦晚晴論壇，主題為「為生命末段作選擇-預前指示」。我們這次著重加強公眾人士認識法律改革委員會的諮詢文件“醫療上的代作決定及預前指示”。區結成醫生和陳浩文博士亦被誠邀到來討論這題目，陳麗雲教授擔當主持人。超過200名公眾人士參加，參與者亦提出令人深思的問題和積極討論。

### 4. 其他機構的培訓邀請

在2004—2005年度，本會接獲合共23次講座及工作坊的邀請。值得注意的是越來越多機構認同向公眾推廣生死教育的重要性，而我們在本年度透過邀請亦已服務超過1,500名公眾人士。

### 3. Latter Life Forum

Latter Life Forum is aimed at arousing public awareness to issues in relation to End-of-Life care, death, dying, and bereavement. Stakeholders involved in the care of the elderly, dying and their families were invited to share their experiences and their insights in order to work towards the best possible End-of-Life care. Through interactive discussions, the aim was to educate the public with comprehensive information on the subject.

The first forum entitled “Attitude Towards Death” was held at the Hong Kong Central Library on 15 May 2004. Addressing a capacity audience, two distinguished speakers, Dr. Vincent Tse and the Rev. Sik Hin Hung, each took on a specific aspect. Mrs. Yvonne Siu was the convener. The audience participated actively during the discussion session.

The second Forum “Advance Directives” was held at the Hong Kong Central Library on 4 September 2004. The forum focused on discussing the Law Reform Commission’s Consultation Paper on “Substitute decision-making and advance directives in relation



to medical treatment”. Dr. Au Kit Shing and Dr. Chan Ho Mun were invited to address the topic, and Professor Cecilia Chan was the convener. Over two hundred people attended, and many relevant questions were raised and discussed.

### 4. Invitations from Outside Organizations

The Society received 23 outside invitations to give talks and workshops on Life and Death Education during the year 2004-2005, which resulted in the Society reaching more than 1,500 members of the general public. The Society is glad that all organizers of the events gave very positive feedback while showing their concern on the importance of promoting Life & Death Education to their audiences.